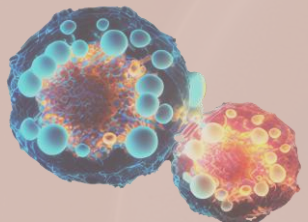




THE MOST IMPORTANT MACRO

And you aren't getting enough!



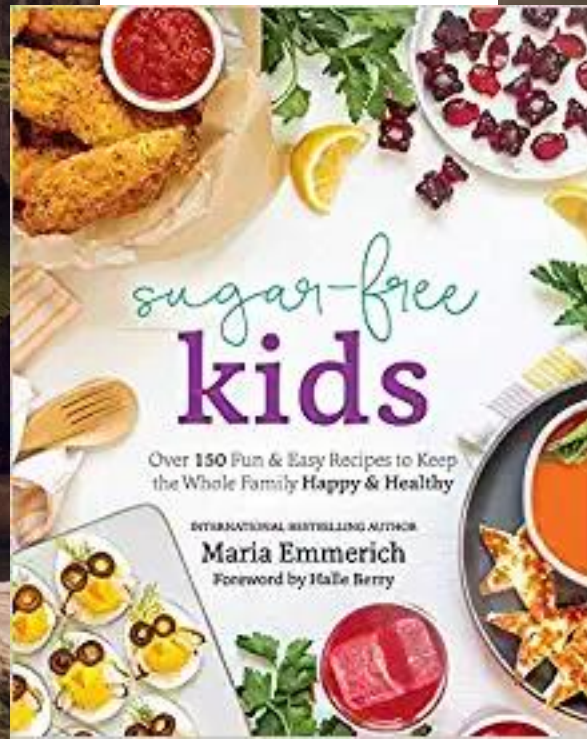
KetoMaria.com

DISCLOSURES

- Royalties from books (19 plus books)
- Keto Health Coaching and Consulting services for almost 20 years
 - KetoMaria.com



HALLE BERRY



A NEW LIFE

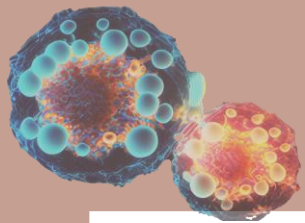
- At age 16 I went to the doctor:
 - Told I had PCOS
 - I was 80 pounds over-weight (even though I was a top athlete)
 - Given an anti-depressant
 - Acid Blocker
 - Suffered with IBS
- That SAME week, I took my dog to the Vet
 - Vet asked “What are you Feeding her?”
 - Cutting Alcohol vs. Cutting Carbs?????



CAUSED PCOS

- My love for baking started at an early age!
 - It also shows my early age of sugar addiction.
- I grew up loving sugar! I also had a lot of ear infections, which means a lot of antibiotics.
 - Antibiotics = low good gut bacteria
 - SUGAR CRAVINGS!

HUMAN DESIGN



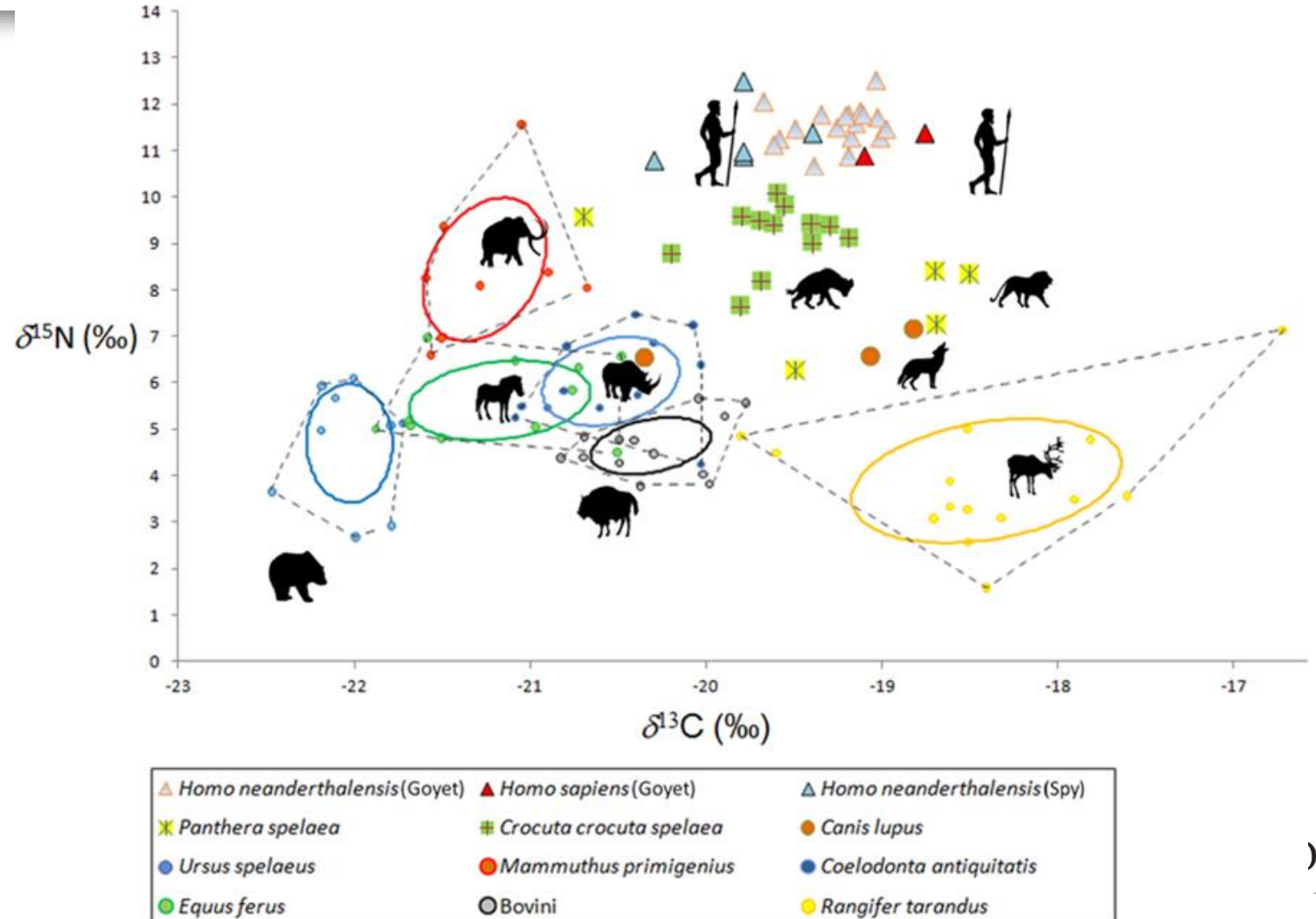
What are humans designed
to eat?





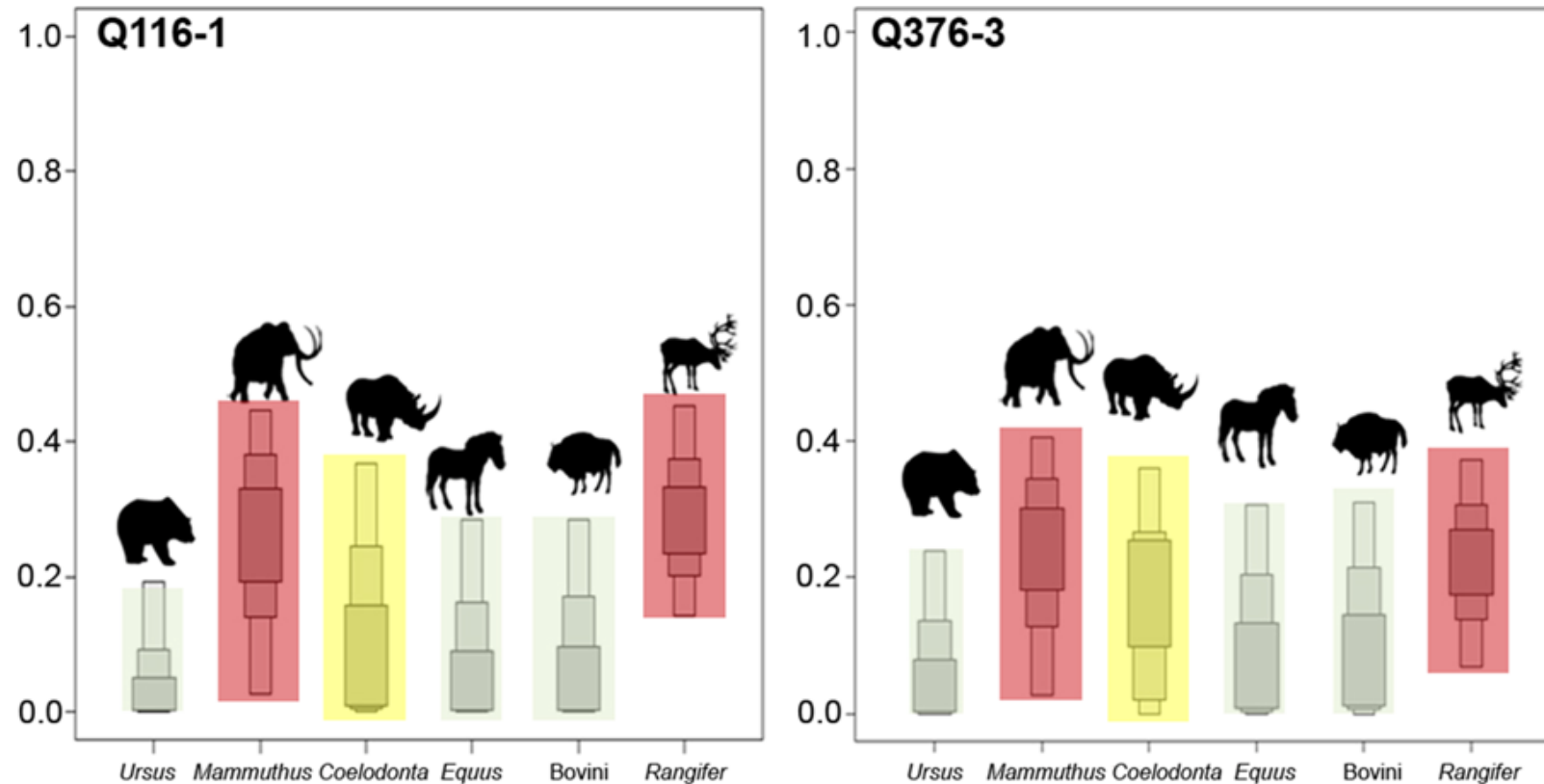
WHAT DID OUR ANCESTORS EAT?

- Isotopic values of bone collagen in early humans
 - The type and amounts of nitrogen tell what sources of protein and how much was in the diet
- Humans are HIGHER level carnivores than Hyenas, Lions and Wolves



DIET OF UPPER PLEISTOCENE MODERN HUMANS

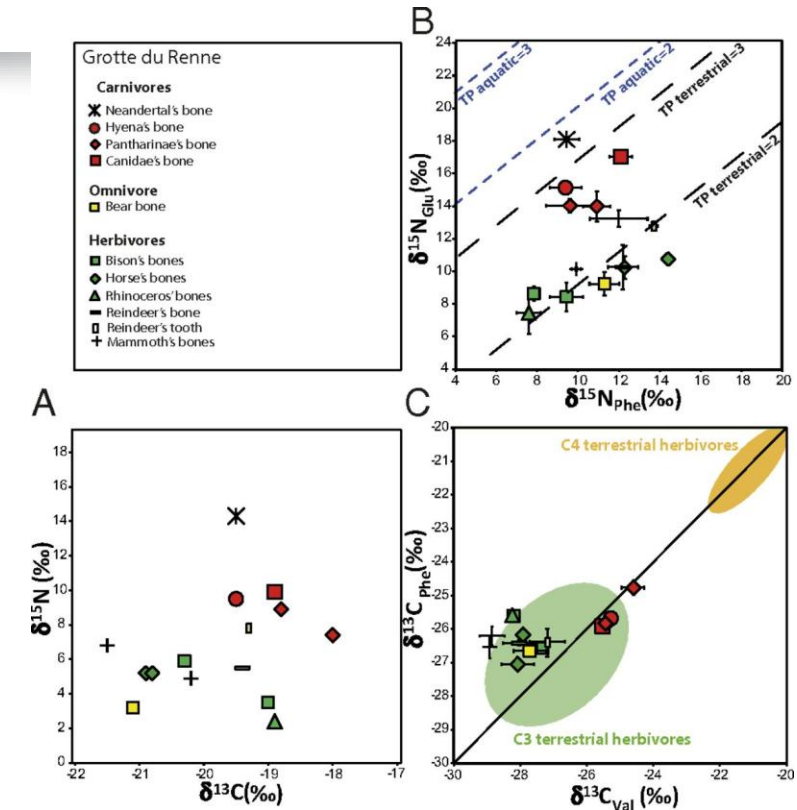
- Our Ancestors ate MEAT
 - They ate large herbivores
- This was when our brains were growing
- Many more studies:
 - Exceptionally high $\delta^{15}\text{N}$ values in collagen confirm Neandertals = high-trophic carnivores
 - “Neandertals and carnivores clearly are at the same trophic level.”



Source: <https://www.nature.com/articles/s41598-019-41033-3>

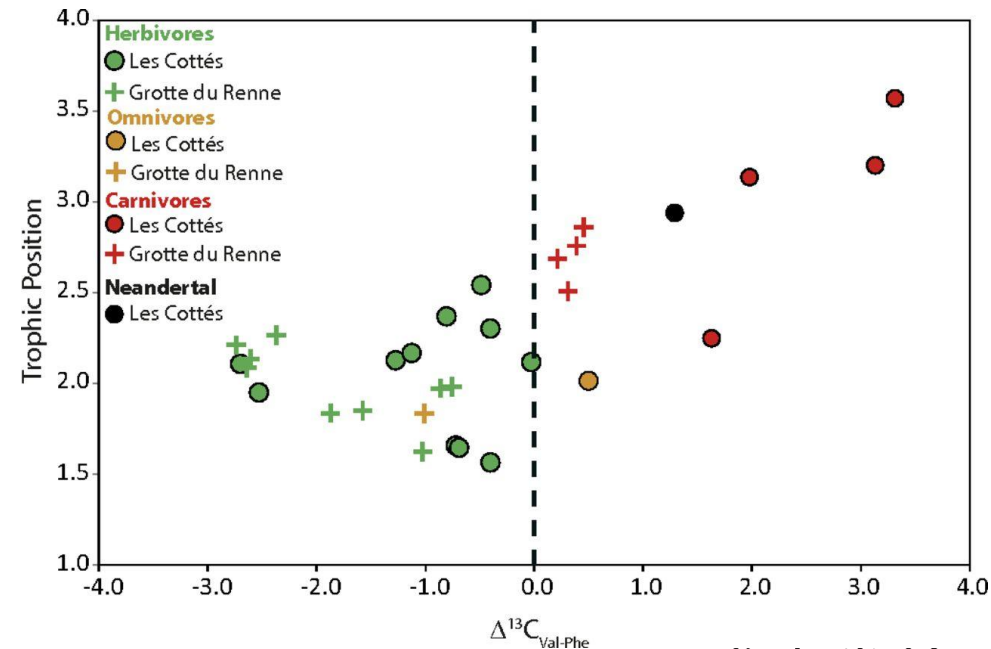
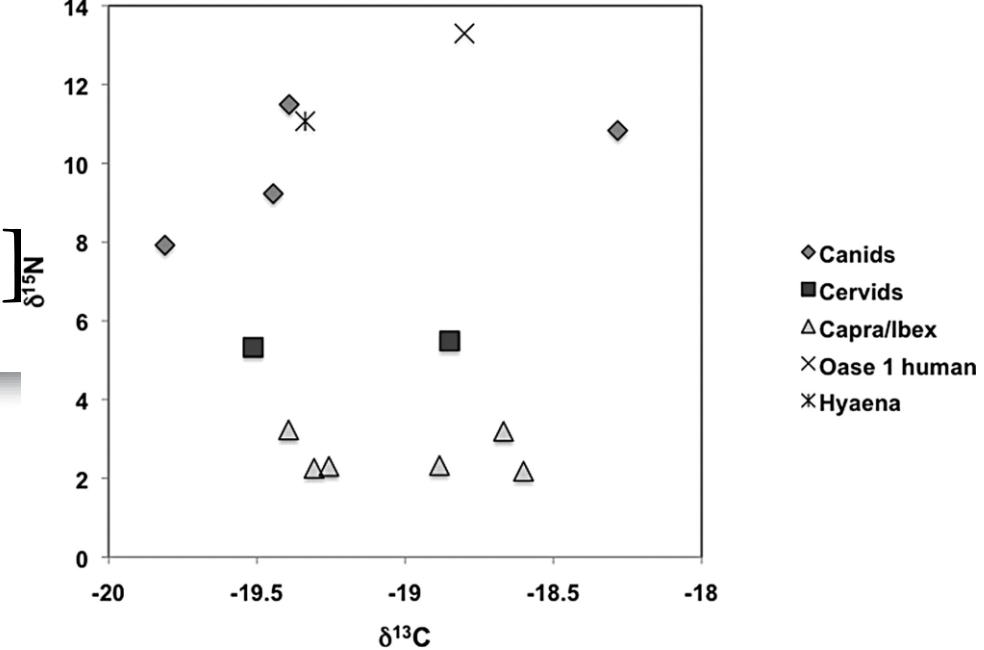
MANY MORE STUDIES OF ANCESTORS

- Study: “Neanderthal diet at Vindija and Neanderthal predation: The evidence from stable isotopes”
 - Findings = **“The isotope evidence overwhelmingly points to the Neanderthals behaving as top-level carnivores, obtaining almost all of their dietary protein from animal sources”**



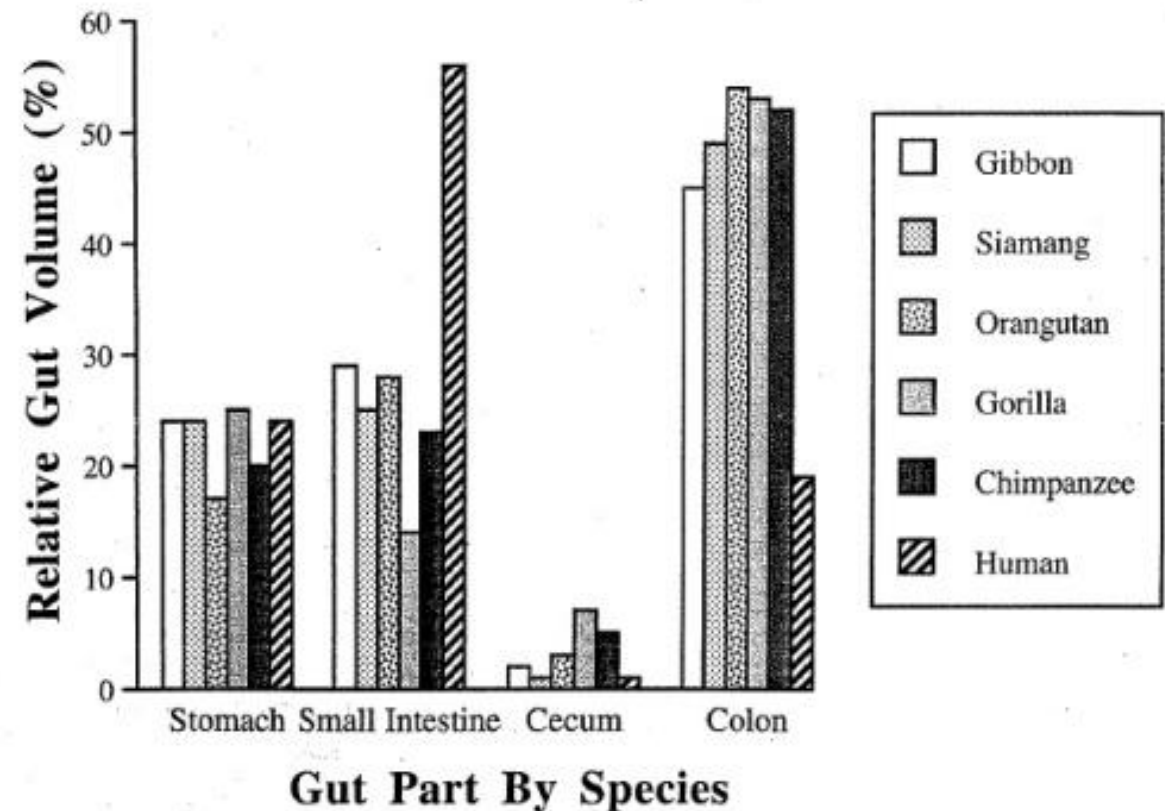
MORE STUDIES

- Study: “Isotopic dietary analysis of a Neanderthal and associated fauna from the site of Jonzac (Charente-Maritime), France”
 - Findings, “We found that the Jonzac Neanderthal had isotopic values consistent with a diet in which the **main protein sources were large herbivores, particularly bovids and horses.**”
- Study: “Neanderthal Dietary Habits: Review of the Isotopic Evidence”
 - Findings: “...show that **Neanderthals obtained much of their dietary proteins from very large herbivores** in open environments by hunting.”
- Study: “Neanderthal behavior, diet, and disease inferred from ancient DNA in dental calculus”
 - Findings: “**Neanderthal diet was heavily meat based and included woolly rhinoceros and wild sheep**”



EVOLUTIONARY CHANGES IN OUR GUT

- Humans small colon & much larger Small Intestine
 - Small Intestine, **great for digesting animal protein**
 - Colon good for digesting low quality foods like leaves, stems and stalks
- We traded a big gut for a big brain
- This required more nutrient dense foods



Source: "Nutritional Characteristics of Wild Primate Foods" by Katharine Milton, Journal of Nutrition, 1999



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HEALTH





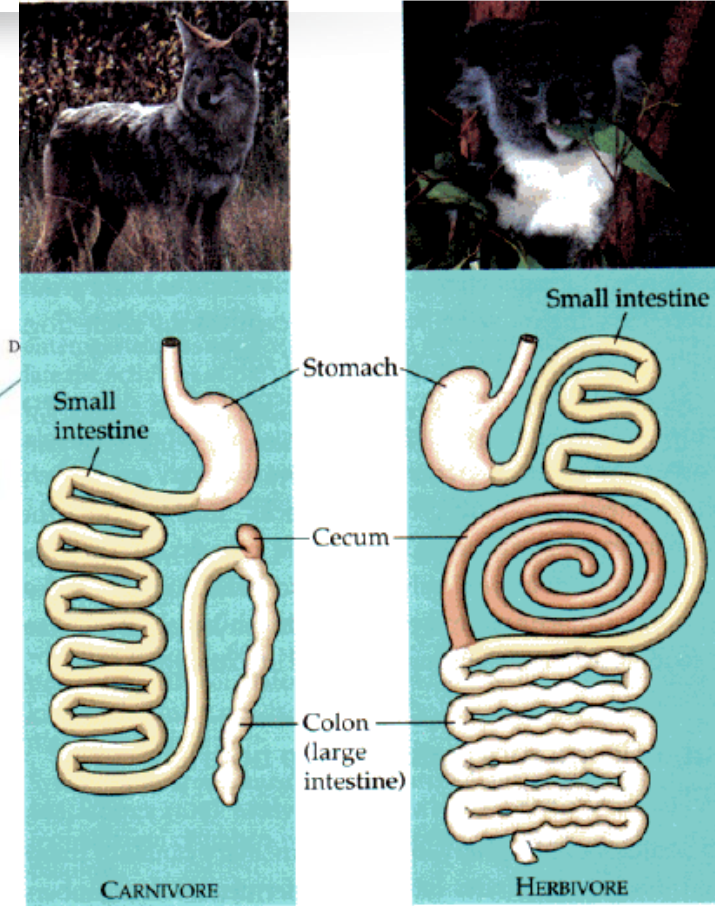
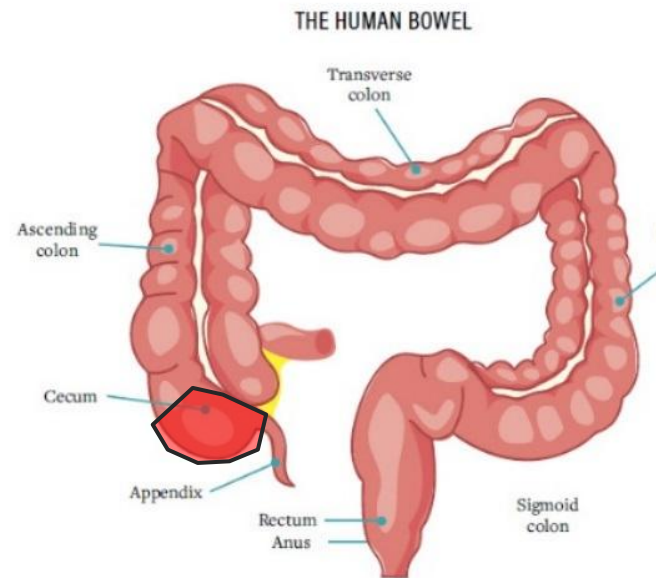
ABOUT FIBER?

not get any
they poo all

not have poor
ia because
t eat fiber!

WHAT ABOUT FIBER?

- Cecum is a pouch that ferments plants to turn indigestible fiber into energy (fatty acids).
- Human Cecum is tiny & we can't really digest any fiber
 - Omnivores have much larger cecum.
 - Herbivores have huge cecum



WHAT

- Our microbiome
 - 24 hours of e shifts occur
 - Increase areas
 - 2 days after go **microbiome**
 - Our microbiome adaptable

"Collagen is a better prebiotic than fiber is because you get the benefit without the bloating."

MARIA EMMERICH

LORA?

TH THE HIGHEST PREBIOTIC CONTENT

trate	Total SCFA
n	7.42
ose	1.53
en cartilage	5.50
gen	7.96
ooligasaccharides	10.37
samine	7.11
samine chondroitin	5.36

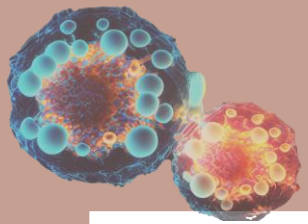
SURVIVAL

- Effort and time
 - Fish or hunt food vs foraging
 - Vegan for 15 years quickly realized he needed to fish to survive.
 - No store to pick up vegetables
 - Foraging took too much effort & time vs catching 1 fish a day to survive!
- I bow hunt and someone messaged me

“You should go to the store and buy your meat like the rest of us civilized humans!”



MICRONUTRI ENTS IN FOODS



What foods are highest in
micronutrients?



WHAT FOOD IS MOST NUTRIENT DENSE?

- Which of these is most nutrient dense?



Kale



Blueberries



Steak

NUTRIENTS IN "SUPERFOODS" COMPARED TO ANIMAL PROTEIN

Per Serving	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	9.7	9.7
Magnesium (mg)	7.3	4.5	15.0	16.7	15.8
Phosphorus (mg)	20.0	9.0	24.6	154.0	340.6
Potassium (mg)	163.8	57.8	200.6	325.6	334.4
Iron (mg)	0.2	0.2	0.8	2.9	7.7
Zinc (mg)	0.2	0.2	0.2	4.0	3.5
Selenium (mcg)	0.0	0.1	0.4	12.5	34.9
Vitamin A (IU)	69.2	40.5	13530.9	35.2	46992.0
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.0
Vitamin B12 (mcg)	0.0	0.0	0.0	1.8	97.7
Vitamin C (mg)	7.3	7.3	36.1	1.8	23.8
Vitamin D (IU)	0.0	0.0	0.0	6.2	16.7
Vitamin E (mg)	0.2	0.5	0.8	1.5	0.6
Niacin (mg)	0.2	0.3	0.4	4.2	15.0
Folate (mcg)	0.0	4.5	11.4	5.3	127.6

MICRONUTRIENTS

- Across a wide range of micronutrients, steak is more nutrient dense
- Organ meat like Beef Liver is the real SUPERFOOD!



ANIMAL PROTEINS

- Animal proteins are some of the most nutrient dense foods available.
- Organ meats are the real super-foods.
- Somehow, we have lost this fact.

(per 100g)	Chicken	Pork	Eggs	Salmon	Beef	Beef Liver
Calcium (mg)	11	5	53	9	11	11
Magnesium (mg)	28	24	12	27	19	18
Phosphorus (mg)	196	296	191	240	175	387
Potassium (mg)	255	489	134	363	370	380
Iron (mg)	0.7	0.4	1.8	0.3	3.3	8.8
Zinc (mg)	0.8	1.4	1.1	0.4	4.5	4
Selenium (mcg)	17.8	40.6	31.7	24	14.2	39.7
Vitamin A (IU)	21	0	487	50	40	53,400
Vitamin B6 (mg)	0.5	0.7	0.1	0.6	0.4	1.1
Vitamin B12 (mcg)	0.4	0.5	1.3	3.2	2	111
Vitamin C (mg)	1.2	0	0	3.9	2	27
Vitamin D (IU)	2	53	35	526	7	19
Vitamin E (mg)	0.1	0.1	1	3.6	1.7	0.63
Niacin (mg)	11.2	8.8	0.1	8.7	4.8	17
Folate (mcg)	4	0	47	26	6	145



HOW TO HIDE ORGAN MEATS

- Hide ground liver in my chili or spaghetti
- Make burgers with 4:1 ratio ground beef to ground liver

JUST BEEF!

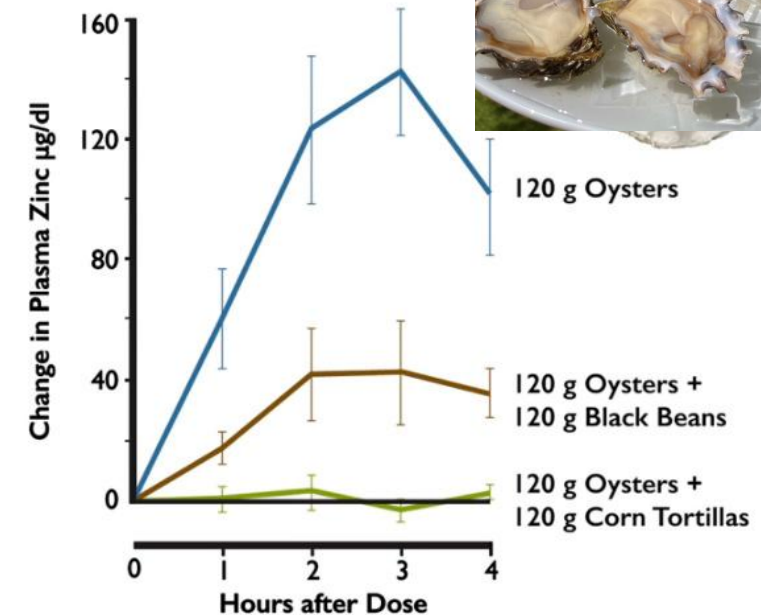
- Don't want to eat liver, beef wins out all by itself.

(per 100g)	Apples	Blueberries	Kale	Beef
Calcium (mg)	5	6	72	11
Magnesium (mg)	4	6	17	19
Phosphorus (mg)	11	12	28	175
Potassium (mg)	90	77	228	370
Iron (mg)	0.1	0.3	0.9	3.3
Zinc (mg)	0.1	0.2	0.2	4.5
Selenium (mcg)	0	0.1	0.5	14.2
Vitamin A (IU)	38	54	769	40
Vitamin B6 (mg)	0	0.1	0.1	0.4
Vitamin B12 (mcg)	0	0	0	2
Vitamin C (mg)	4	9.7	41	2
Vitamin D (IU)	0	0	0	7
Vitamin E (mg)	0.1	0.6	0.9	1.7
Niacin (mg)	0.1	0.4	0.5	4.8
Folate (mcg)	0	6	13	6

BIOAVAILABILITY

- Zinc absorption
 - Eaten alone, much of the zinc in Oysters is absorbed
 - Eaten with black beans, **only 30% absorbed.**
 - Eaten with corn tortilla, **almost 0% absorbed.**
- Other examples:
 - Spinach is high in calcium, but almost all is tied up in oxalates
 - Meat iron absorption – 85%
 - Legumes – 0.84%

Zinc Absorption



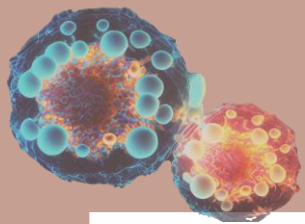
Solomons NW et al. Studies on the bioavailability of zinc in man. II. Absorption of zinc from organic and inorganic sources. J Lab Clin Med. 1979, 94(2):335-343.

WHAT ABOUT FATS?

- Fats have little to no micronutrients
 - Fats are essential, but shouldn't be the focus
- Bullet Proof Coffee = empty calories
- Chew whole foods rich in micronutrients with a focus on proteins

	(Per 100 Grams)	Beef Tallow	Lard	Beef	Beef Liver
(per 400 calories)	Bullet Proof Coffee	Eggs		Beef	
Calcium (mg)	6.8	132.0		23.5	
Magnesium (mg)	0.6	26.4		40.7	
Phosphorus (mg)	6.8	454.0		374.5	
Potassium (mg)	6.8	332.0		791.8	
Iron (mg)	0	3.1		7.1	
Zinc (mg)	0	2.8		9.6	
Selenium (mcg)	0.3	81.3		30.4	
Vitamin A (IU)	709	1372.8		85.6	
Vitamin B6 (mg)	0	0.3		0.9	
Vitamin B12 (mcg)	0	2.9		4.3	
Vitamin C (mg)	0	0.0		4.3	
Vitamin D (IU)	2.9	229.7		15.0	
Vitamin E (mg)	0.7	2.7		3.6	
Niacin (mg)	0	0.2		10.3	
Folate (mcg)	0.9	116.2		12.8	
Protein	0.2	33.0		77.0	

PLANT ISSUES



Vegetables don't come
without issues



A close-up photograph of a person's hands holding a large, vibrant bunch of fresh spinach leaves. The person is wearing a green long-sleeved shirt. The background is a soft, out-of-focus green. The lighting is natural, highlighting the texture and color of the spinach leaves.

ANTINUTRIENTS IN PLANTS

- All Plants have anti-nutrients
 - Anti-nutrients are compounds that serve no function in the body and can harm you in high amounts
- The plants have evolved natural defenses
 - These are natural pesticides
 - Plants can't run away like animals
 - They protect the parts of the plant it doesn't want you to eat
 - Leaves, stalk and roots
- There are thousands of these compound, most of which we have never studies the effects on humans
 - Cabbage has over 49 different types of antinutrients alone

ANTINUTRIENTS

■ Oxalates

- Found in spinach, dark greens, potatoes, nuts and seeds
- Tiny crystals, can irritate the gut and possibly cause leaky gut
- Disrupt normal cell function
- Accumulate over time.
- Deplete you of minerals (iron, magnesium, calcium, etc.)
- One of the primary causes of **kidney stones**

■ Phytates

- Found in corn, seeds, beans, nuts and grains
- Prevent mineral absorption

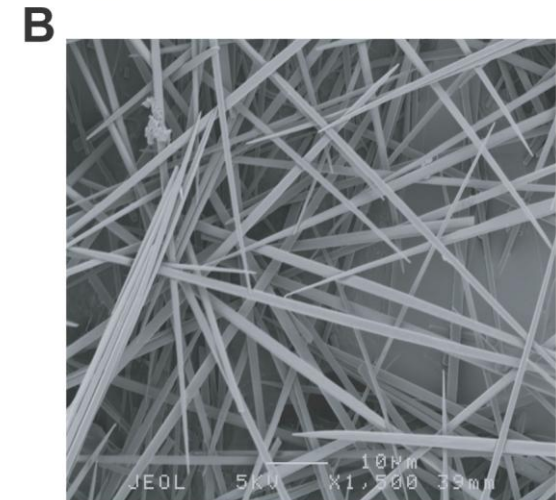
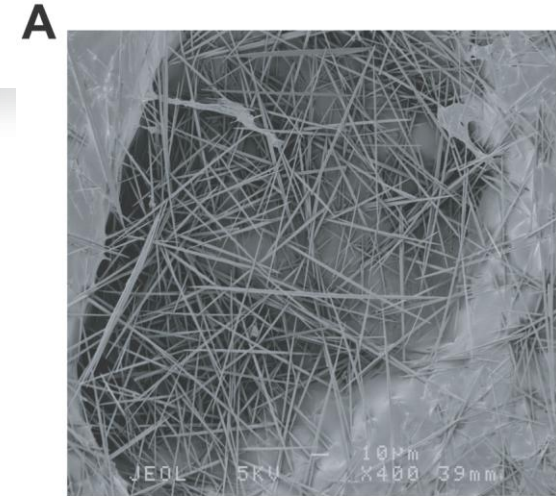
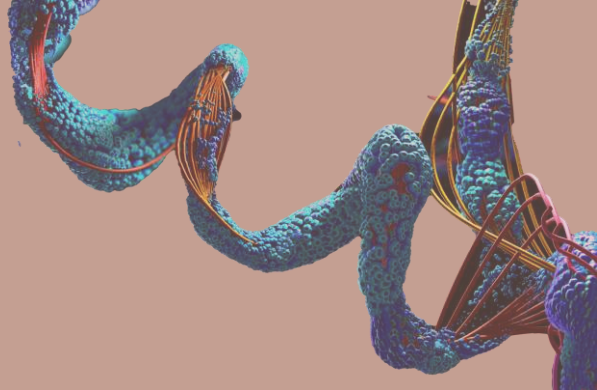


Photo of Oxalates in Kiwi. Source:

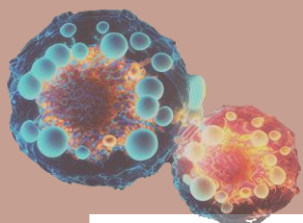
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0091341>

HUNDREDS MORE

- Glucosinolate (Cruciferous Vegetables)
- Glycoalkaloids (nightshades)
- Lectins (beans, peanuts, lentils, tomatoes, potatoes, eggplant, fruits, and gluten)
- Tannins (tea, coffee, legumes)
- Saponins, trypsin inhibitors (cereals, breads, baby foods)
- Isoflavones (soybeans, flax)
- Calcitriol, solanine, nicotine (nightshades, eggplant, peppers, tomatoes, potatoes)
- Chaconine (corn, potatoes, etc..)
- Cyanide (beans, manioc, many fruit pits)
- Canavanine (alfalfa sprouts)
- Goitrogens (soy, peanuts, cruciferous veggies)
- Salicylates (berries, dried fruit, herbs and spices)



MODERN PRODUCE



Looks nothing like our
ancestors ate and we get it
year- round.





MODERN PRODUCE ISN'T PALEO

- Modern produce has been hybridized over the last 100 -200 years
 - Modern tomato was invented in 1840
 - Modern Strawberry in 1803
- No More Seasonality
 - Fresh produce available year-round.
 - Canning not invented until 1810 and not used in America until 1913
 - Frozen produce started in 1930s

WATERMELON

Wild Watermelon

1 watermelon had
2 grams carbs



Based on seventeenth-century paintings, wild watermelon may once have had seeds arranged in a swirly geometric pattern. It was less than 2 inches across and had to be opened with a hammer or sharp object. It had an extremely bitter taste. There were six known varieties found only in Namibia and Botswana. The fruit was ripe and ready to eat for only a couple of weeks. It was 80% water, 1.9% sugar, and 18.1% other (mostly starch and fat).



Modern Watermelon



1 watermelon has
685 grams of carbs

The modern watermelon measures 26 inches across—over 10 times bigger. It is very sweet and juicy and is easy to open. More than 1,200 varieties are grown year-round in 15-plus countries, producing 95 million tons of fruit. These fruits are 91.5% water (14 times juicier), 6.2% sugar (3.3 times as sweet), and 2.3% other (with almost no fat or starch).

CARROT

Wild Carrot	Modern Carrot
 <p data-bbox="428 935 1146 1349">The wild carrot was very thin with a distinct and powerful flavor. It was originally purple or white and originated in Persia and Asia Minor in the tenth century. It was a biennial plant, meaning that it took two years to complete the biological cycle.</p>	 <p data-bbox="1248 935 2000 1349">The modern carrot is the result of years of manipulating mutant strains of purple carrots through experimentation done by the Dutch in the sixteenth century. The bright orange variety we see today is much sweeter and is grown year-round all over the world.</p>

CORN

Wild Corn

100 grams had
4 grams of carbs



About 10,000 years ago, wild corn was a grass called teosintes. It was barely edible and as dry as a potato. It was about $\frac{3}{4}$ inch long with just 5 to 10 very hard kernels. A hammer or sharp object was needed to peel it. There were 8 known varieties, and it was found only in Central America. It was 75% water, 1.9% sugar, and 23% other (mostly starch).

Modern Corn

100 grams has
15 grams of carbs



Modern corn is $7\frac{1}{2}$ inches long with over 800 kernels per ear (1,000 times larger in volume). More than 200 varieties are grown in 69 countries, which produce over 790 million tons per year. It is very sweet and juicy is made up of 73% water, 6.6% sugar (3.5 times sweeter), and 20% other (mostly starch).

PEACH

Wild Peach

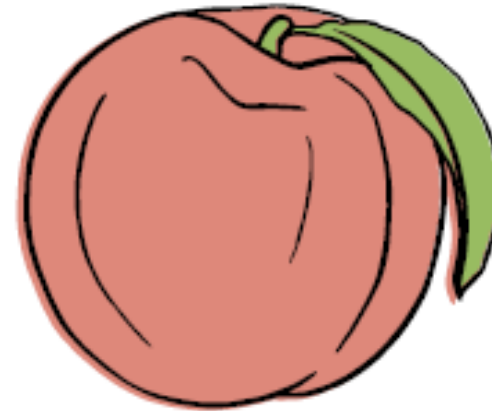
1 peach had
less than 1 gram of carbs



The wild peach measured less than 1 inch across. About 36% of the fruit was stone (pit); only 64% was edible. There were 3 known varieties, and they were found only in China in 4000 BCE. The peach tasted earthy with a sweet, sour, and salty flavor, almost like a lentil. It was 71% water, 8% sugar, and 20% other.

Modern Peach

1 peach has
17 grams of carbs



The modern peach is about 4 inches across, or 67 times larger in volume, and the stone comprises only 10% of the fruit, leaving 90% edible. It is very sweet and juicy. More than 200 varieties are produced in more than 80 countries. It is 89% water, 8.4% sugar (4 times sweeter by volume), and 1.7% other.

STRAWBERRY



Wild Strawberry

The wild strawberry was very small at only about 5 mm across (about 1/5 of an inch). They are sweet and tart. It would take a day of foraging to collect one handful.



Modern Strawberry

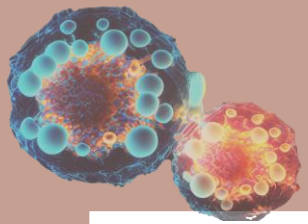
The modern strawberry was hybridized first by French botanists in the 1300s. They managed to make the fruit 15-20 times larger, but still much smaller than today's strawberry. In 1764 the pine strawberry was first hybridized. It wasn't until 1806 when, by accident during hybridization experiments, the huge modern strawberry was developed. They are now grown year-round all over the world producing over 9 million tons a year.

STILL HAPPENING TODAY

- They never make a bitter, less sweet variant!
 - Always sweeter and less nutrient dense
- Sugar Bee Apple (2016)
 - Honeycrisp hybrid taking the already sweet Honeycrisp and making it sweeter.
- Cotton Candy Grapes
 - 100 calories and 28 grams sugar compared to already hybridized grapes with 62 calories and 15 grams sugar.
 - That is almost **DOUBLE the sugar!**












PRIORITIZING PROTEIN FOR WEIGHT LOSS



How We Can Leverage our
Biology to Enable Weight
Loss.



OXIDATIVE PRIORITY

Meal Input	Alcohol	Exogenous Ketones	Carbohydrate	Protein	Fat
Oxidative Priority	1	2	3	4	5
Storage System	—	—	Blood [glucose], glycogen	Limited [plasma AA]/tissue	Adipose (fat)
Storage Capacity	Zero	Zero	1,200–2,000 calories	360–480 calories	Unlimited
Postprandial [Blood]					
DIT [Thermogenesis] (4–6 hours after meal)					
	15%		8%	25%	3%

- How our bodies prioritize Macro nutrients

Source: “Keto.” by Maria and Craig Emmerich

Original source: Oxidative Priority, Meal Frequency, and the Energy Economy of Food and Activity: Implications for Longevity, Obesity, and Cardiometabolic Disease, Sinclair, Bremer, et al, February 2017

HIGHER KETONES DO NOT INCREASE WEIGHT LOSS

EXOGENOUS KETONES
DISPLACE YOUR OWN
BODY FAT BEING USED AS FUEL
LIKELY RESULT IN EATING
LESS NUTRIENT DENSE PROTEINS

[KETOMARIA.COM](https://ketomaria.com)



WHY KETO CAN BE SO HELPFUL FOR WEIGHT LOSS

When Keto Adapted the body is primed to use fat as fuel, Dietary or Body fat.

- Available Fuels to the body.

#1

Alcohol

#2

Exogenous Ketones

#3

Carbohydrates

#4

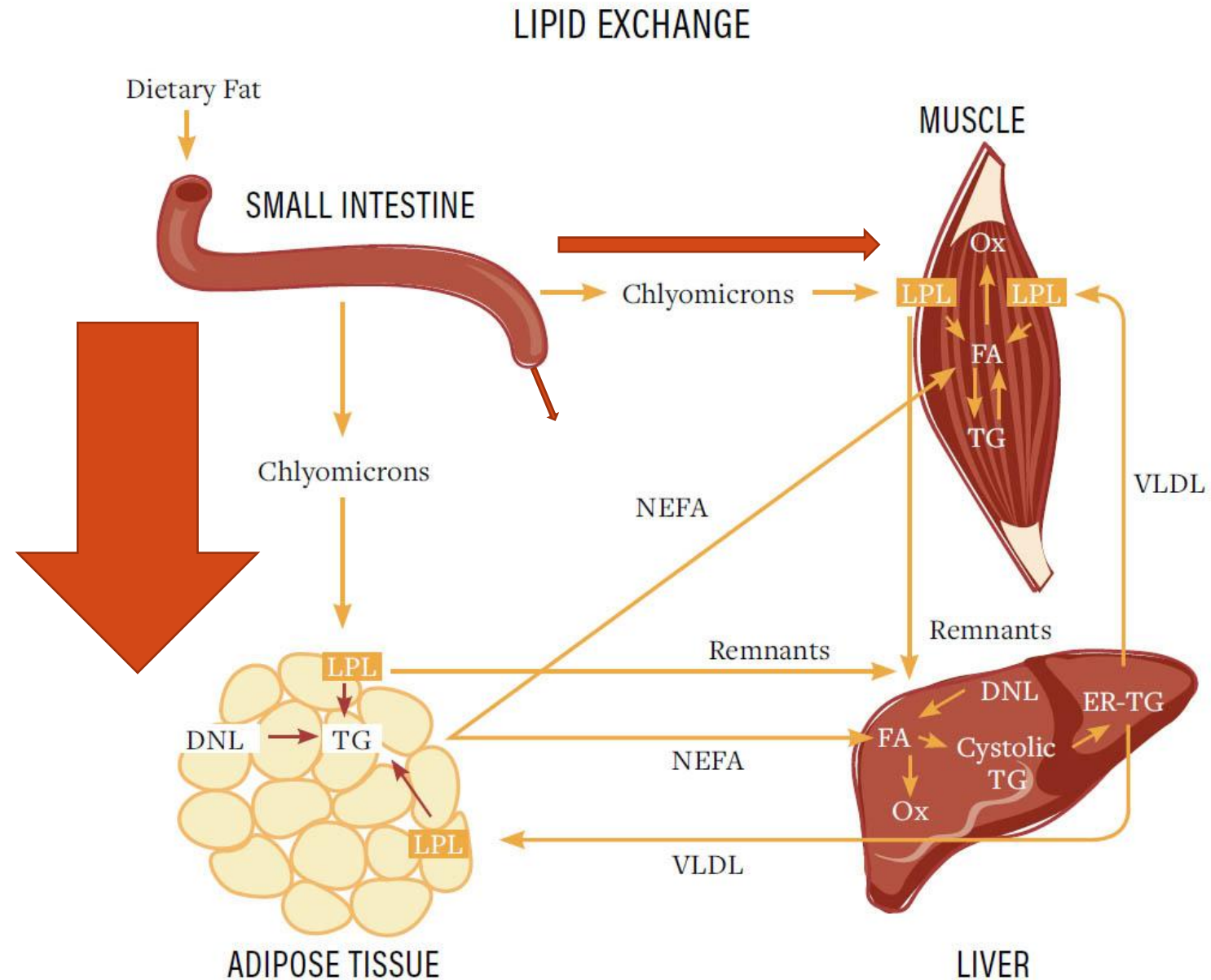
Protein = 0.8 X lean mass

#5

Fat

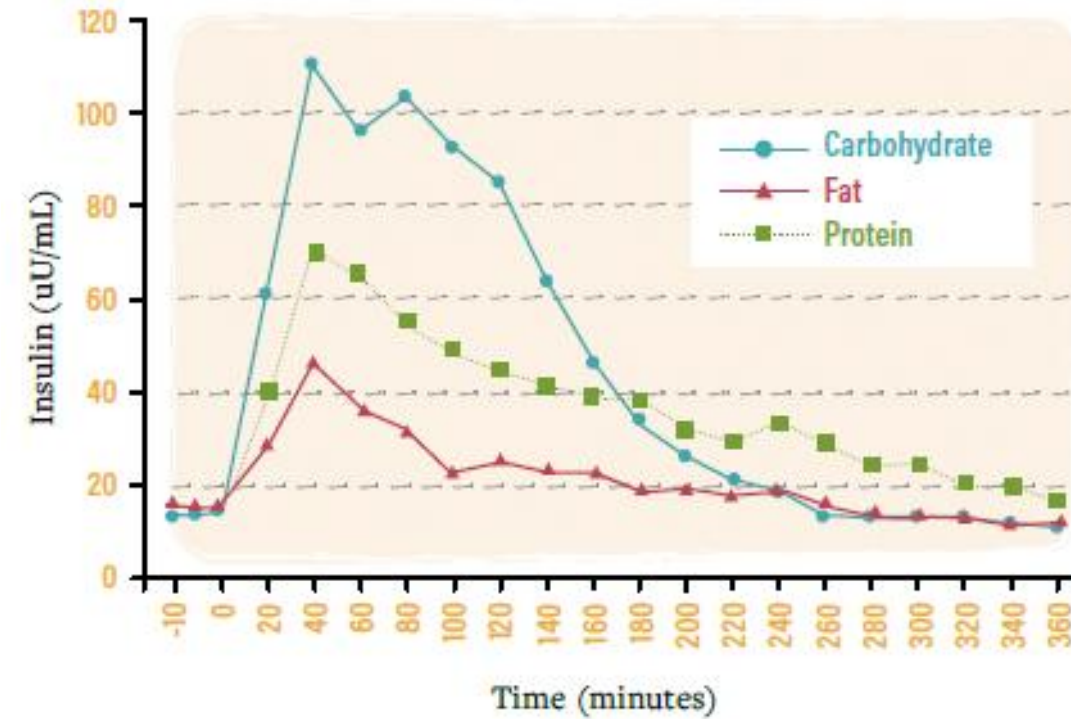
DIETARY FAT

- The vast majority of fat goes through two pathways:
 - Burned as fuel
 - Stored in fat cells (Adipose)
- In reality, almost all goes to storage



WHAT HAPPENS WHEN WE EAT

- Huge increase in fuel coming into the blood
- Body must shut down endogenous production of fuel (fat from adipose, glucose from liver)
 - So you don't have oversupply and die
- Then it prioritizes fuels to store
 - (oxidative priority) in reverse order of storage capacity
- Once back to tight fuel control (and excess carbs are limited), fat flux can resume



OVERE

OF PROTEIN

- Regardless of age or will keep eating until
 - If you do not prior
 - Protein triggers ap
 - GLP-1 helps w the gastrointestinal
 - GLP-1 in the gu
 - Your **body and bra**
- Focus on p
satiation wh
body with r



TESTIMONIES: HIGH FAT VS HIGH PROTEIN



Ben Thompson 4 months ago

I did high fat carnivore for 18 months and my blood sugars doubled and as a diabetic I was really ill. My triglycerides were very high too. I got diagnosed with non alcoholic fatty liver. I got told by alot of well known carnivore advocates I was lying trying to ruin the carnivore name. I have now done your psmf and my blood sugars have gone down by half. My morning fasting glucose is amazing best it's ever been. I am fat and I have over reached my threshold clearly. I am glad I found you and other low energy advocates.

Show less

@benthompson9397 • 1 month ago

I've been on a high fat carnivore diet for over 7-8 years. I was a type 2 diabetic but I have developed into a type 1 diabetic. Even on carnivore. I did stop high fat a year ago after watching you vid on fat threshold and diabetes. My blood sugars we slashed in half daily and I went from a 3 month diabetic bloods 98 mmol/l down to a 64 mmol/l. Unfortunately I got taken in again before Christmas and I tried high fat again for 3 weeks and and I had to stop I put on 10 kg on in fat. My blood sugars were high. I was feeling so ill. Lucky for me I've gone back to lower fat and lost the 10 kg and a few more kg on top. Blood sugars are down again. The only problem I have is my folate acid is low very low and I don't want to eat veg or

Keto
Oksana 1h · 📷

Hey guys, I want to share my keto journey with you : I started keto may 18, 2020, I was eating a lot of cheese and almond flour, lost 10 pounds and then stalled, then I found a group on FB that promoted high fat keto, I decided that this is for me because "fat does not raise blood sugar":))) (I am a type 1 diabetic). I did high fat keto for 9 months and gained all my weight back and not only that, my blood sugar was constantly high and I had to use a lot of insulin to keep my blood sugar normal. It was very difficult to do as the blood sugar came down very slowly but not for long. Then I found Maria and in three months I lost all the weight that I gained and even more, my blood sugar became a lot better and I use a lot less insulin, I became more insulin sensitive. I'm still working on my weight loss (I have 10 more pounds to go) and I know it's double! Thank you Maria Keto Adapted - Maria Emmerich and Graig !!! ❤️❤️



Adriana

Thank you, Craig Emmerich and Maria for educating people about high fat! I fell for this nonsense as well. Gained weight, and felt terrible. Could not connect the dots cause I was doing pure carnivore and initially I felt better on high fat. After listening to you, and going high protein - I finally feel so much better! I seem to not be able to lose the fat, but I am so satisfied with the food, I don't experience any more inflammation, and I recover much faster. My acne is healing, my eyes are brighter, and my hair... They are growing so fast 😮 So high protein made me finally heal 😊 I am doing some higher fat days, but only if my body want's me to 😊

LO
F

I was keto for 4 years and mostly carnivore for the last year. I lost 30 lbs 4 years ago and then listened to everyone that said to eat more fat and I gained the 30 lbs back. Well to add insult to injury, not only did I gain 30 lbs back, I went on a four-year weight stall. Most people would have given up, but with the healing I was getting I kept at it. I'm so grateful I got educated



Amy Whiting

I used to eat high fat keto. I eventually stalled and even started putting on weight. When I switched to Emmerich keto my weight loss picked back up. I never really feel hungry. Actually when I splurge and have a higher fat day, it ups my cravings and I find I'm more hungry the next day.

4m Like Reply



Amanda Reed

I was totally convinced that this was the way to go... LCHF.. because I lost so much weight the first time I did it. I realize now that I was losing lean muscle mass 😞. I ended up plateauing and people kept telling me to eat more fat but it didn't work so I gave up. I wish I'd have dug further into Maria and Craig's teaching and realized I needed to increase protein and implement some PSMF days. I gained all the weight I'd lost back. But I'm with the program now! 25 lbs down today, 5 weeks on Emmerich keto.

2m Love Reply Message Hide



Thank you for the mct oil video and for all that you do. That trend is everywhere. I switched to eating a high fat (over 200grams a day 😳) approach with a coach and gained so much weight. They kept

I made the decision to stop this nonsense and take back my health and wellbeing. I'm returning to Keto vs Carnivore, following your above Macros. With all this said I'm sorry I left you for this 4 months but realize so much now how precious/Blessed you both are in helping, guiding, educating so many!! I'm sorry and I Thank You!

I felt horrible on all the inflammation/weight gain. I thank you again & again for all your help & advice & free resource tools! 🙏 I will continue to watch & sing your praises, & I unsubscribed from the stick of butter supporting channels 😊...Go Protein, Go Protein! Have a beautiful amazing day! 🌞 🙏

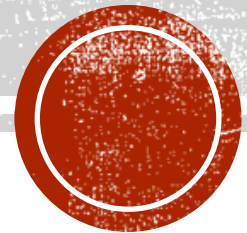
in my gut from lower fat.

Amazing. Unfortunately I listened to the eat!!!!!!



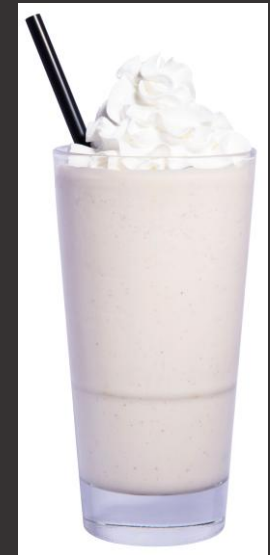
STOP CHASING KETONES AND INSULIN

Insulin is not the devil and higher ketones do not mean better fat burning!



FATTY SHAKE VS EGG

- KETO EVENT
 - Doctor ate a shake of heavy cream, butter and MCT oil
 - Tiny rise in insulin
 - 4 eggs with ham
 - Larger rise in insulin
- WHERE ARE THE NUTRIENTS?



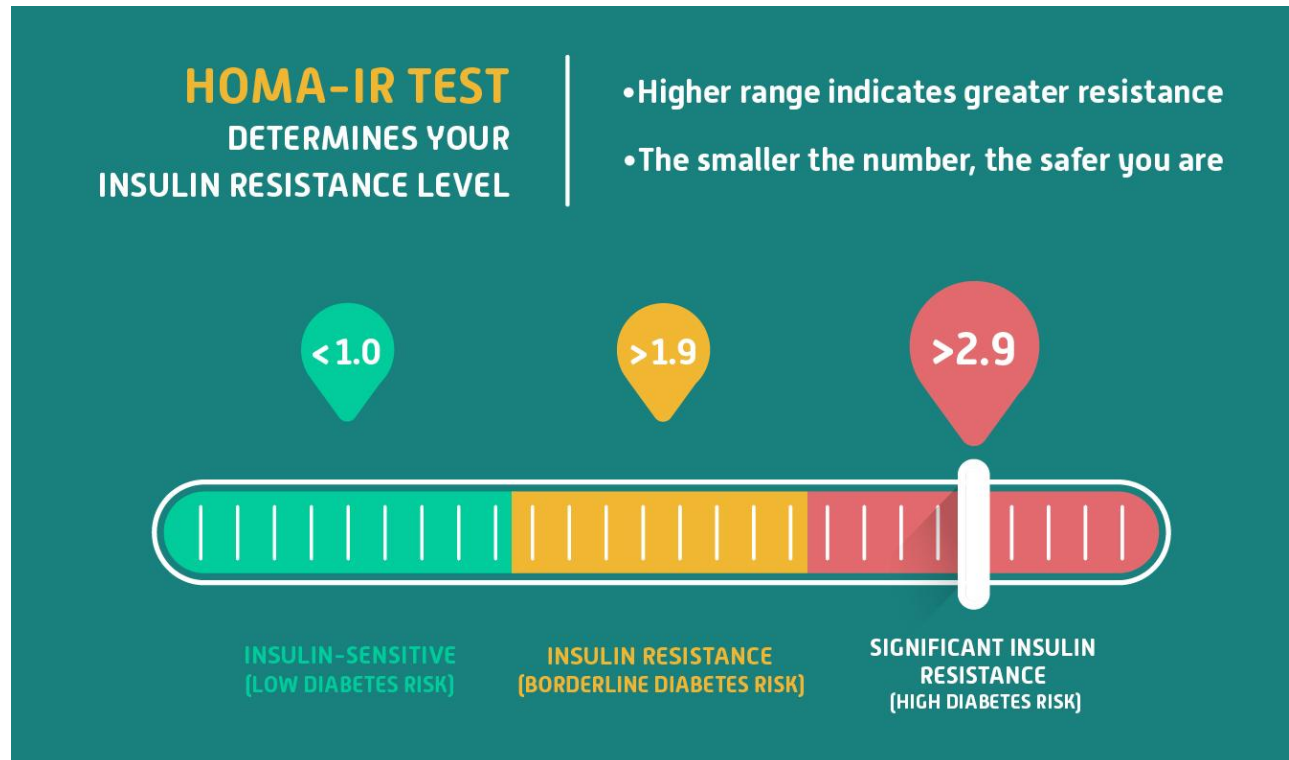
INSULIN IS NOT THE DEVIL



- The body tightly regulates fuels in the blood at all times.
- It tries to keep supply at slightly more than demand at any given time
 - High levels of glucose, fats (triglycerides), alcohol or ketones can be dangerous
- Transient Spikes in insulin to process protein and fuel shouldn't be feared
- High levels of fasting insulin is the real issue.

FASTING INSULIN

- Glucose alone doesn't tell you the whole story: glucose AND insulin
- Like a car speed versus RPM



$$\text{HOMA-IR} = \frac{\text{Glucose} \times \text{Insulin}}{405}$$

FASTING INSULIN

$$\text{HOMA-IR} = \frac{85 \times 20}{405} = 4.5$$

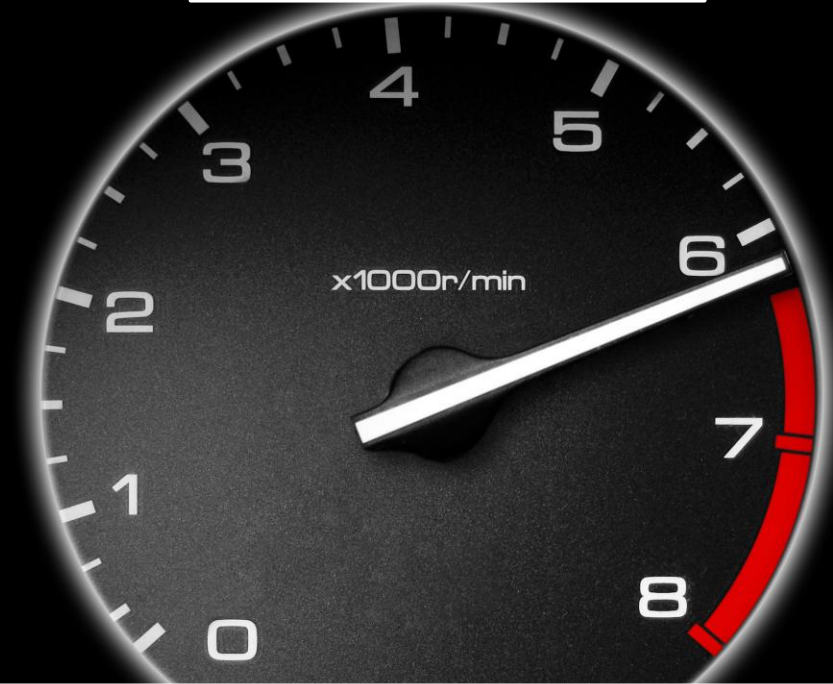
Glucose



Fasting Glucose Normal

85 mg/dl

Insulin



BUT Pancreas working really hard to keep glucose normal

20 mIU/L

FASTING INSULIN

$$\text{HOMA-IR} = \frac{105 \times 2}{405} = 0.4$$

Glucose



Fasting Glucose Normal

105 mg/dl

Insulin



BUT Pancreas is in cruise control.

2 mIU/L



BEST WAY TO REVERSE INSULIN RESISTANCE (HIGH HOMA-IR)

- Shrink Fat Cells
 - Reduce the overstuffed fat cells (lose body fat)
 - Maintain or Grow muscle
 - Give glucose more places to go
- Best way to do this is prioritize protein and limit dietary fat
 - Protein Sparing Days

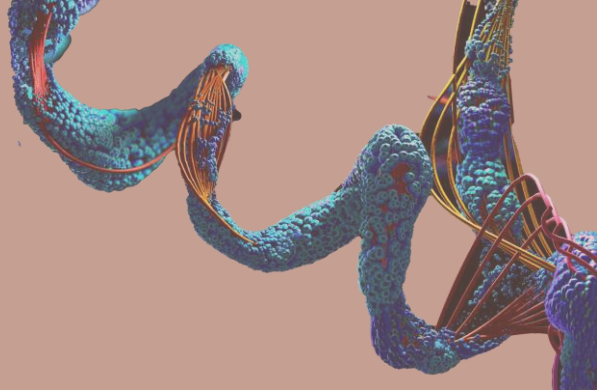
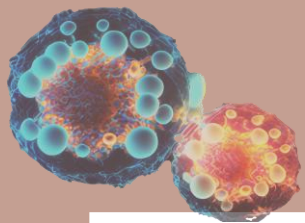
If someone tells
you that you need
to eat 70% fat
in order to be KETO...
RUN AWAY.

That is NOT true.

Keto-Adapted.com



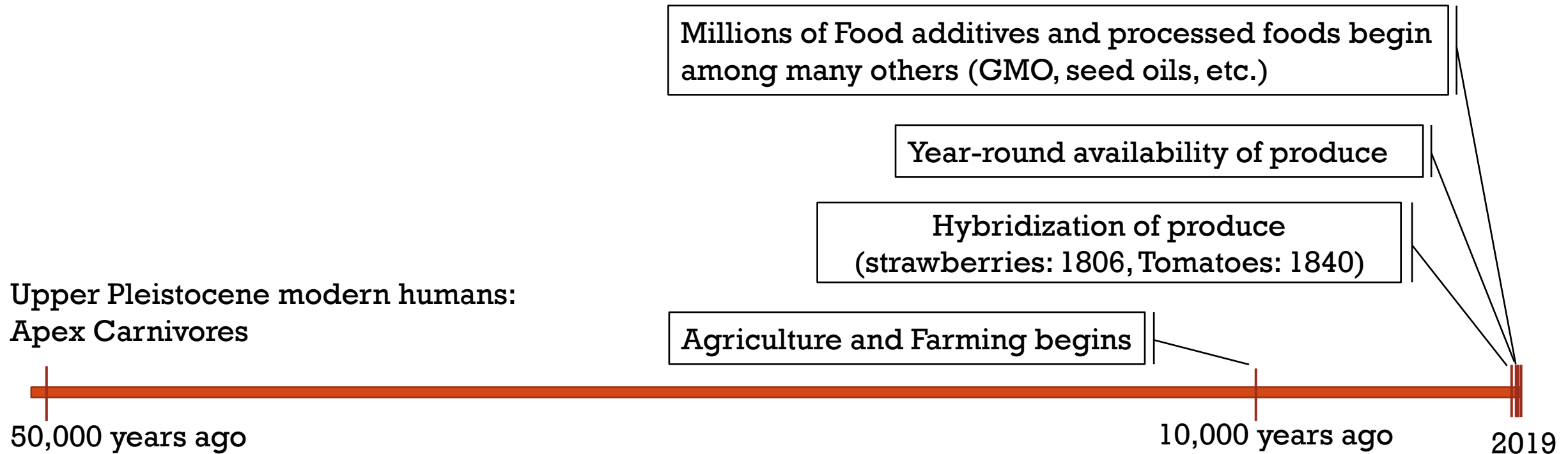
HUMAN DESIGN



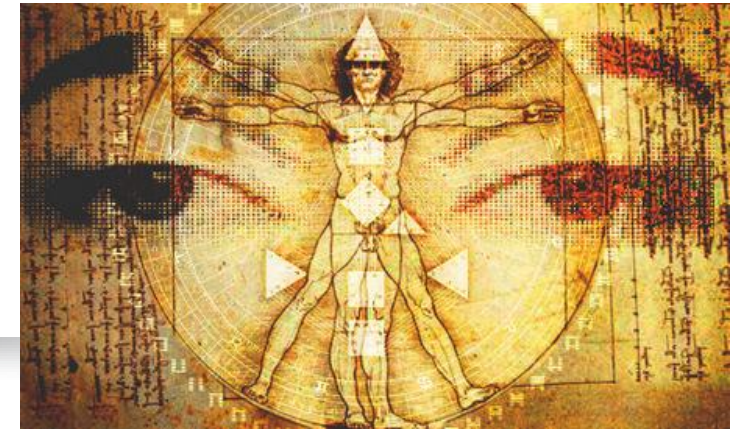
ANCESTRAL TIMELINE

This is just Modern Humans! If you put the entire 2.4-million-year history of evolution on a 24-hour clock, we have been eating grains for the last 6 minutes! Ultra processed food for the last 4 seconds!

- Putting changes in our diet into perspective



HUMAN DESIGN



- ✓ Ancestors ate more meat than any other animal
- ✓ Ancestors were higher apex predators than lions, hyenas, etc.
- ✓ Our intestines are evolved to process primarily meat
- ✓ Our cecum is so small it can't process any fiber
- ✓ Our stomach pH is more acidic than scavengers and other carnivores

While we are omnivores, we are primarily designed to eat animal protein.



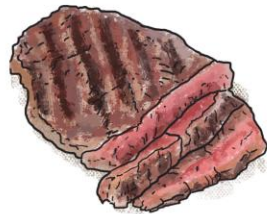
Sodium _{Na}

4,000-7,000 mg
per day

This is the total sodium you need for the day on food and in water.

4,500mg sodium is about 2 1/2 teaspoons of sea salt.

If you are active, sweat a lot or in hot weather, add 1,000-2,000 mg a day.



Potassium _K

3,000-6,000 mg
per day

Most people get enough potassium in food and don't need to supplement if they prioritize proteins like beef, pork, fish, etc.

If dehydration symptoms aren't resolved by getting enough sodium and magnesium, try adding potassium citrate. If you don't get enough sodium, the body leeches potassium and magnesium.



Magnesium _{Mg}

400-1,200 mg
per day

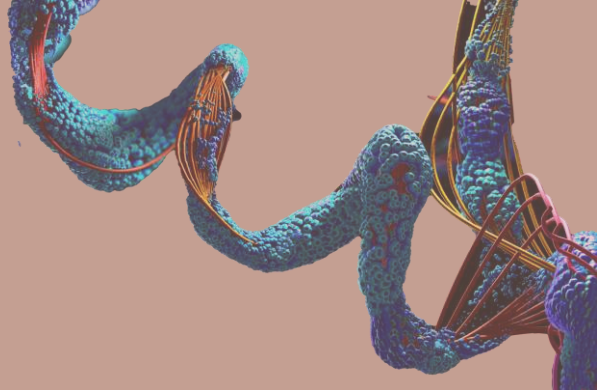
This is in addition to what you get in your food. Most people are deficient in magnesium regardless of diet.

Supplement using magnesium glycinate is best. Malate and l-threonate are good too.

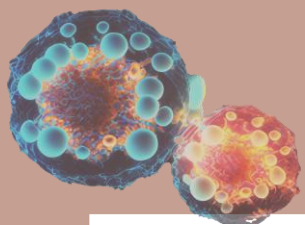
Avoid oxide and citrate forms of magnesium as they can cause loose stools and aren't absorbed as well.

DON'T FORGET

- Drink more water
 - Shoot for 1/2 your bodyweight in ounces a day
- Add extra Electrolytes
 - Your body releases much of the salt and associated water it holds onto with higher carb diets
- Add extra Salt, Potassium and Magnesium
 - Helps reduce “Keto Flu”, increase energy, etc.
 - Note: always check with doctor, Blood pressure medication and potassium can cause issues.



TESTIMONIES



KetoMaria.com



KetoMaria.com

PSORIASIS EXAMPLE

“Thank you Maria!!! I want you to see what you have done for me personally...I attach photos. I have been on Otezla for over a year (it does not control the flares and is **\$3k a month**) and makes me nauseous daily. I also take shots every 2 weeks of Dupixent (again no change, never got better, but never got worse \$3k)

After 3 weeks, of your help, you can see the change!♥” - Susan H.

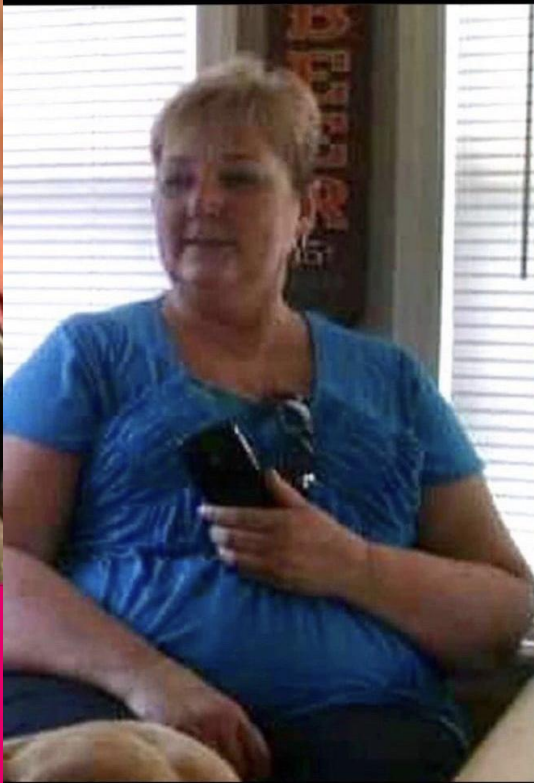




KetoMaria.com



“Good morning, my beautiful friend! Now you know why I say you literally saved my life. I honestly give thanks for you daily 💖
@mariaemmerich you are a blessing 🥰💖” Christina



“I lost 270 pounds & I’m off ALL medication!”



I lost 115 pounds and no longer suffer
with Diverticulitis ❤️ Thank you Maria!

KetoMaria.com



I lost 206 pounds!

KetoMaria.com



In 4 months, I
transformed my life!



KetoMaria.com



KetoMaria.com



Lost 200 pounds!

No more seizures and lost
250 pounds!



“Thank you Maria! You helped
me change my life and I am
forever grateful!” Jess



“I lost 102 pounds!”

KetoMaria.com



“Thank you @mariaemmerich and @craig_emmerich ! You all help so many of us each and every day! You saved my life 🙏”



***I lost 140 pounds in
only a YEAR!***





Progress in only 5 days!

I was stalled for a year now. I have been Keto for 3 years now but wasn't losing weight. I started out at 185 and in **ONLY** 2 weeks, I'm at 170!"



I lost 15 pounds in 2 weeks!

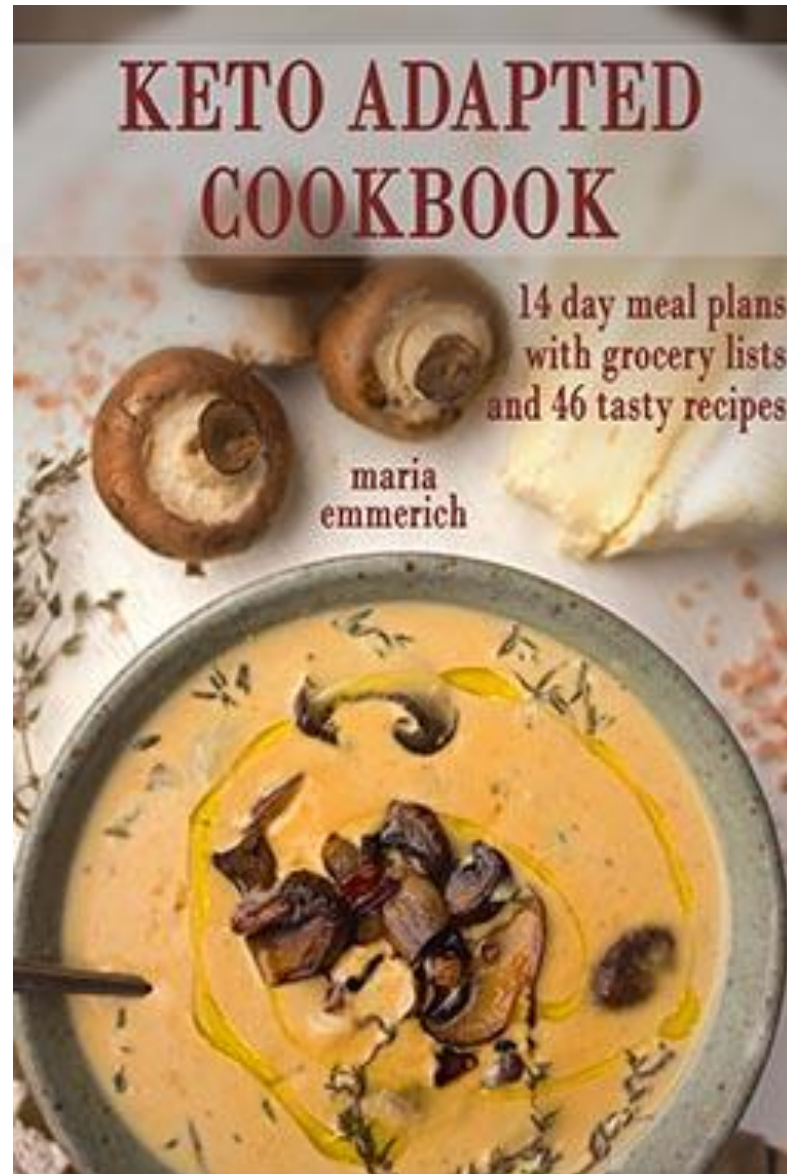
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FREE HELP & TIPS

KetoMaria.com

KetoMaria.com





FREE EBOOK WITH MEAL PLANS





- Get started today!
- <http://mariamindbodyhealth.com/free-ebook-with-meal-plans/>

FREE MACRO CALCULATOR





- Get your personal macros done:

<https://mariamindbodyhealth.com/keto-calculator/>

What is your Goals?

 Fast Fat Loss (with PSMF)	 Fat Loss	 Improve Body Composition (maintain and build)	 Muscle or Gain Weight
----------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

Activity
Set to Sedentary for quickest fat loss results.

 Sedentary Desk job or seating work.	 Light Activity Housework, retail work, on your feet most of the day.	 Moderate Activity Factory work or other significant walking and movement.	 Heavy Activity Construction or other strenuous manual work.
-------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------

Results - Fast Fat Loss (with PSMF)
Remember that protein is a goal or minimum. Going over isn't a problem as long as calories (Fat) are under. Fat and carbs are a limit to stay under.



FREE YOUTUBE COOKING VIDEOS

- Click here to watch the videos and subscribe to our new YouTube channel and never miss a video!

https://m.youtube.com/channel/UCyZia0TtezGqjGcXwXJhDoQ?sub_confirmation=1

- Tell your friends! Keto food can be delicious and easy to make!

KETO RETREATS

EVENTS
AND
TRIPS
WITH
MARIA
EMMERICH

ITALY

CROATIA

SPAIN

PERU

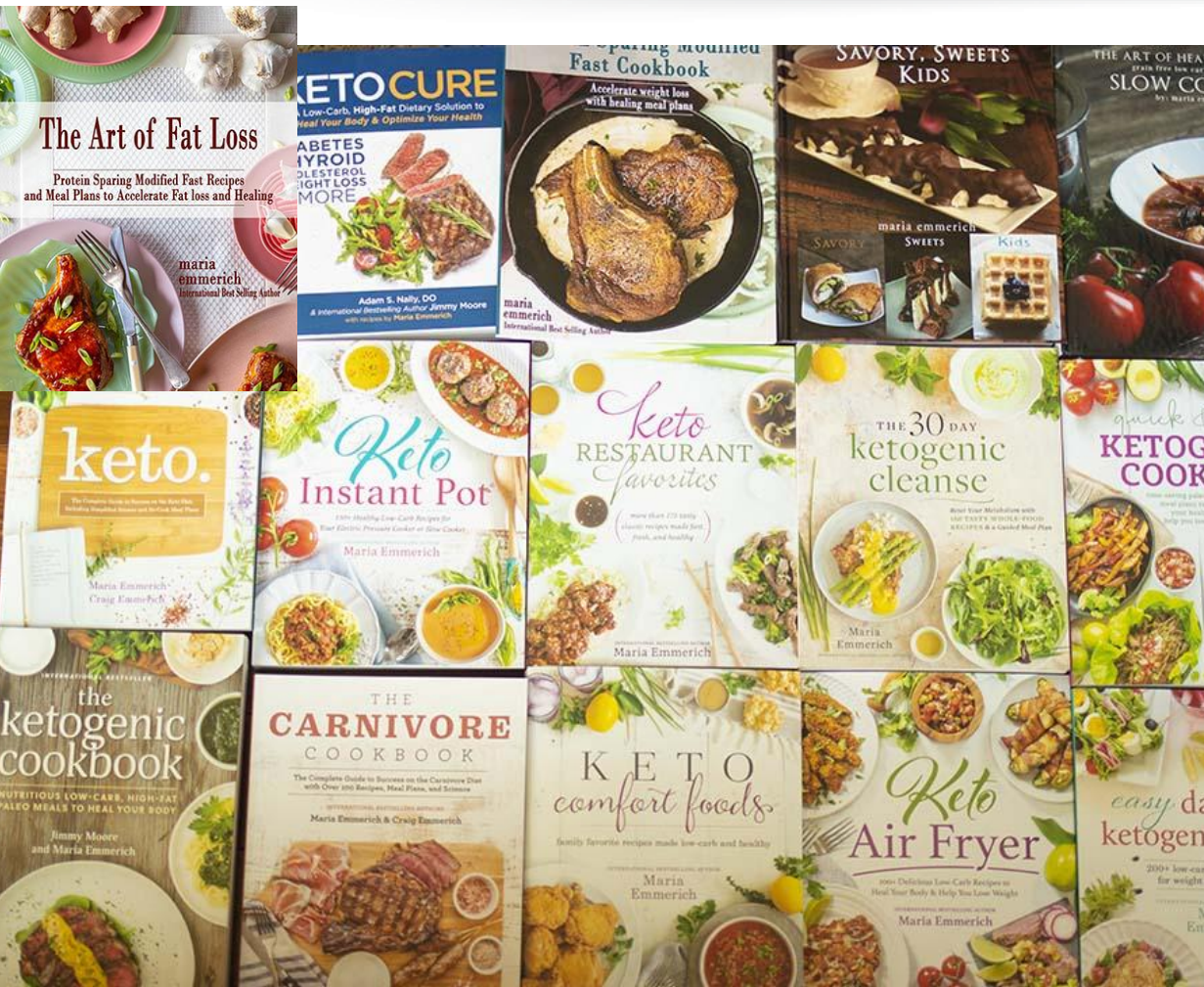
PARIS

PORTUGAL



- Trips of a lifetime!
 - Eating delicious keto and carnivore meals!
 - Private VIP tours
 - Even stayed in a CASTLE!
- Find the links on KetoMaria.com

MY BOOKS



Protein Sparing Modified Fasting Method: <https://amzn.to/3jsmU28>

Sugar Free Kids: <https://amzn.to/3DeagwC>

Keto Comfort Foods: <https://amzn.to/2LEBgNM>

Keto Air Fryer: <https://amzn.to/2ZGnsXB>

The Carnivore Cookbook: <https://amzn.to/2tfjQzM>

Quick and Easy Ketogenic Cooking (Halle Berry's favorite) <https://amzn.to/2AaRGbV>

The 30 Day Ketogenic Cleanse: <https://amzn.to/2JV8WE>

Keto: <https://amzn.to/2OkqlBE>

Keto audio book (read by me): <https://amzn.to/2JW6Ykr>

Keto Restaurant Favorites (which is my favorite!): <https://amzn.to/2mJmS8V>

Easy Dairy Free Ketogenic Recipes: <https://amzn.to/2JV3gaJ>

Keto Instant Pot Recipes: <https://amzn.to/2uQDfVA>

The Ketogenic Cookbook: <https://amzn.to/2Oii7zK>

And other favorite self-published books: <http://keto-adapted.com/product-category/ebooks/>

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